

## Putting Your Plan in Place

### 1. Brief Synopsis:

- Develop your action plan or procedures
- Establish a realistic time frame for the implementation of the plan, remembering that the Wellness Policy can be a phased-in approach and does not have to be implemented all at once
- Choose an individual who is responsible for evaluating and enforcing your guidelines
- Find resources that are necessary to gain widespread approval by staff, parents, children/students, and the local community

### 2. Links to help you put your policies into practice:

- Wisconsin's guide for improving childhood nutrition: [http://www.dpi.state.wi.us/fns/pdf/healthy\\_bites.pdf](http://www.dpi.state.wi.us/fns/pdf/healthy_bites.pdf)
- Wisconsin's guide for improving childhood physical activity: [http://www.dpi.state.wi.us/fns/pdf/active\\_early.pdf](http://www.dpi.state.wi.us/fns/pdf/active_early.pdf)

### 3. Strategies to overcome barriers

- Be aware of the following barriers that could exist:
  - Confusion about nutrition standards or food allowed under the new policy
  - Lack of time to implement
  - Complaints from parents, children/students, staff about the changes
  - Lack of product availability
  - Existing vending contracts and compliance
  - Lack of facilities for physical exercise
  - Lack of priority from administrators and/or teachers
- Strategies:
  - Create a "Wellness Culture" with a goal of producing successful, healthy children
  - Build consensus and participation
  - Move to non-food items as rewards